



TRACKS

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January 14, 2016

Wireless enhancement Tobyhanna depot employees, contractors expand, upgrade network

by Jennifer Bacchus

ANAD PAO

A team of eight employees from Tobyhanna Army Depot and two contractors are currently upgrading and adding to the existing wireless infrastructure at Anniston Army Depot.

The wireless local area network, or WLAN, project will add wireless access points to buildings throughout the installation where there is no wireless connection and improve the existing network.

"The expansion includes upgrading wireless controllers, replacing outdated wireless access points, increasing wireless coverage areas inside current buildings and adding additional buildings to the wireless network," said Kendell Marbury, an information technology specialist/network administrator for Anniston Army Depot.

"For many buildings, which already had network cables, the equipment is being replaced," said Marbury. "The older wireless devices are no longer supported by the manufacturer and need to be replaced."

Tobyhanna was awarded the contract to upgrade the WLAN infrastructure for 13 installations in Army Materiel Command ahead of the Logistics Modernization Program Increment 2 implementation later this year.

"A good wireless network is critical to the success of LMP Increment 2," said Randy White, the LMP Office chief for ANAD. "We all know what it is like when we have a bad phone or television connection. This upgrade should help eliminate those types of problems when we conduct daily operations on the tablets which are part of LMP Increment 2."

Currently, ANAD's wireless infrastructure enables connectivity to the network and LMP-related software for handheld devices. During LMP Increment 2, employees throughout the industrial shops will begin to use tablet computers. The expansion and upgrade will assist with the connectivity of those devices.

"This technology will provide high-speed, short-range access points for the devices used with LMP Increment 2," said Mike Weiss, the WLAN project manager for Tobyhanna Army Depot.

Like any network connection at ANAD, a Common Access Card is necessary for access.

Hazard recognition

Heavy industrial workplaces are full of hazards and, as our employees know, Anniston Army Depot has no shortage of them.

Whether it's large tracked vehicles operating in close proximity to pedestrians, dangerous machinery with moving parts or toxic, flammable chemicals used in the production process, employees are exposed to many hazards on a daily basis.

To effectively deal with these hazards, they must first be recognized. This is accomplished through risk assessments, job hazard analysis and job-specific training.

Risk assessment is an evaluation of a risk in terms of loss, should a hazard result in an accident, and against the benefits to be gained from accepting the risk. A risk assessment worksheet lists the task, the hazards associated, initial and residual risk levels and control measures to remediate the risk.

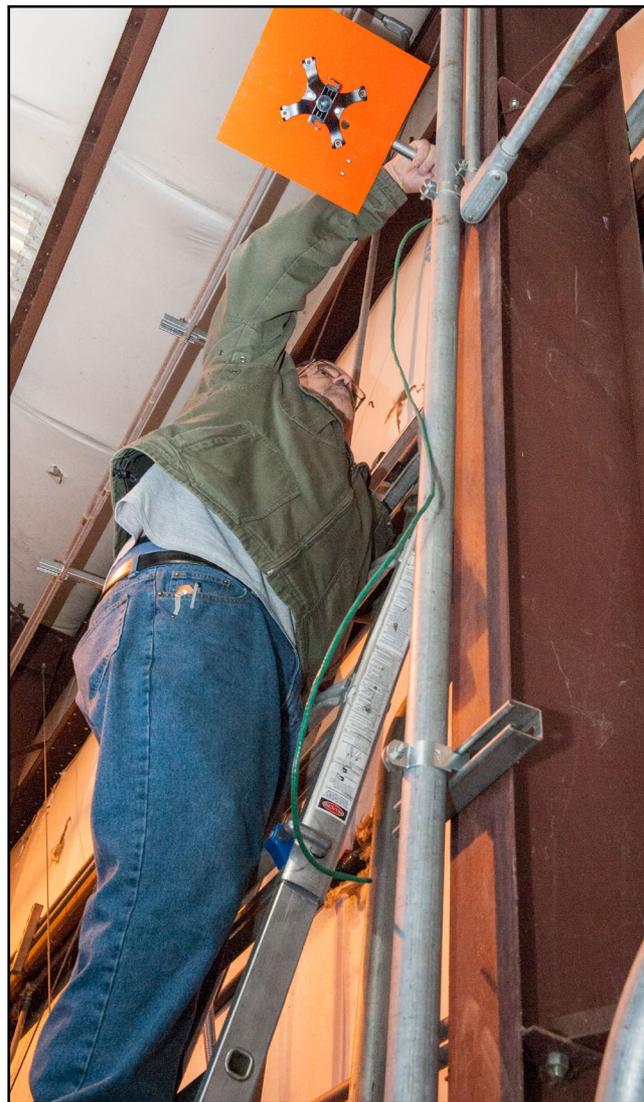
A job hazard analysis, also known as a JHA, studies each job in an attempt to identify hazards before they cause harm. This is accomplished with the completion of a JHA form, which lists the task, associated hazards and hazard controls identified. Each employee should review and become familiar with their job-related JHAs before they begin work.

Hazard Recognition is also taught in the form of job-specific safety training at New Employee Orientation. Here, employees are taught, before they begin work, about hazards associated with the work they will be performing.

Hazard Recognition is an ongoing process. As the workplace evolves, as processes change, as new employees join the workforce, we should always be on the lookout for new or overlooked hazards.

JHAs are living documents and must be periodically reviewed and updated to reflect newly found hazards.

By adopting a proactive, safety-oriented mindset, we increase our chances of working accident free and making ANAD a safer place.



Photos by Jennifer Bacchus

Mark Yeninas, an electronics mechanic for Tobyhanna Army Depot, attaches signage for the wireless local area network cables being installed at Anniston Army Depot. The WLAN project will enhance the depot's wireless capabilities when LMP Increment 2 goes live later this year.

MARTIN LUTHER KING JR.'S BIRTHDAY WILL BE OBSERVED JANUARY 18

A brief life, serving others

by Thanita Spencer

ANAD EEO

Dr. Martin Luther King Jr. was a fundamental force behind the Civil Rights Movement in the United States. Still, establishing his Jan. 15 birthday as a national holiday, took struggle and persistence.

Congressman John Conyers Jr., introduced legislation seeking to make his birthday a federal holiday four days after his murder in 1968.

King's peaceful protests and marches contributed to citizens across the United States being able to seek employment, reside where they chose, eat in public facilities, vote and stay in hotels and motels without being refused because of their skin pigmentation.

"I never viewed it as an isolated piece of legislation to honor one man," said Conyers. "Rather, I have always viewed it as an indication of the commitment of the House and the nation to the dream of Dr. King. When we pass this legislation, we should signal our commitment to the realization of full employment, world peace, and freedom for all."

President Jimmy Carter vowed to support a King holiday after the bill lay dormant in Congress for eight years. King's wife, Coretta Scott King, testified before joint hearings of Congress and organized a nationwide lobby to support the bill.

Despite this, the bill was defeated again in November 1979 by the House with just five votes.

"This is not a black holiday; it is a people's holiday," said Coretta King. "As a nation chooses its heroes and heroines, a nation interprets its history and shapes its destiny. The commemoration of the life and work of Martin Luther King Jr. can help America realize its true destiny as the global model for democracy, economic and social justice, and as the first nonviolent society in human history."

The opposition campaign was led primarily by Senators John P. East and Jesse Helms.

They emphasized King's suspected associations with communists and his alleged sexual misconduct as reasons not to honor him with a federal holiday.

Fifteen years after Conyers introduced the legislation, President Ronald Reagan signed a bill into law, establishing the Martin Luther King Jr. holiday.

Today, although federal law prohibits discrimination based on race, color, sex, age, disability, etc.,

the sting of segregation still exists.

Celebrating King's birth is one instrument which reminds us we should see a person's character, rather than physical attributes.

He was born Michael Luther King, Jr., but later changed his name to Martin.

King attended segregated public schools in Georgia, graduating from high school at the age of fifteen.

He received his Bachelor's degree in 1948 from Morehouse College, a distinguished Negro institution in Atlanta.

After three years of theological study at Crozer Theological Seminary in Pennsylvania, he was elected president of a predominantly white senior class.

He was awarded a Bachelor of Divinity from Crozer in 1951.

While at Crozer, he won a fellowship and enrolled in graduate studies at Boston University. His residence for the doctorate was completed in 1953. He received his doctorate in 1955.

Drawing inspiration from both his Christian faith and the peaceful teachings of Mahatma Gandhi, King led a nonviolent movement in the late 1950s and '60s to achieve legal equality for African-Americans in the United States.

King led similar campaigns against poverty and international conflict, always maintaining allegiance to his principles.

He stressed that men and women everywhere, regardless of color or creed, are equal members of the human family.

At 6:05 p.m. on Thursday, April 4, 1968, Dr. Martin Luther King Jr. was shot dead while standing on a balcony outside his second-floor room at the Lorraine Motel in Memphis, Tenn.

During King's funeral, a recording was played in which he spoke of how he wanted to be remembered after his death: "I'd like somebody to mention that day that Martin Luther King Jr. tried to give his life serving others."

Sources:

http://www.nobelprize.org/nobel_prizes/peace/laureates/1964/king-bio.html

<http://www.thekingcenter.org>

<http://kingencyclopedia.stanford.edu>

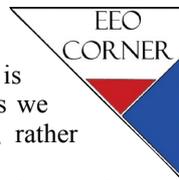


Photo by Mark Cleghorn

Tom Uwanawich reads excerpts from Dr. Martin Luther King Jr.'s writings during a Lunch and Learn event at the Training Building in Anniston Army Depot's Nichols Industrial Complex Jan. 13.

EEO holds Lunch and Learn event

from Staff Reports

ANAD PAO

Anniston Army Depot's Equal Employment Opportunity Office held a Lunch and Learn event Jan. 13 at the Training Building in the Nichols Industrial Complex.

The event, which encouraged employees to bring their lunch and participate, highlighted Dr. Martin Luther King Jr.'s contributions to civil and human rights through videos and excerpts from his speeches and letters.

The next Lunch and Learn event will be held in March to honor Women's History Month. Look for details in future issues of TRACKS and on The Morning Show.



This newspaper is an authorized publication for members of the U.S. Army. Contents of TRACKS are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Depart-

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Increment 2 training begins

by Kenneth Henderson Jr.

ANAD LMP Office

Anniston Army Depot's Logistics Modernization Program Office is bustling with activity in preparation for the future state of LMP – LMP Increment 2.

A significant part of this activity is training the workforce to be prepared for the day LMP Increment 2 will go live – May 20.

Attendance in these classes is essential and critical to ANAD's success at go-live.

Please attend all classes as directed and focus on the topics to learn as much as possible from your instructors.

A full listing of courses per employee will be available for training coordinators through TED. Contact LMP Office Training Manager Don Carlston at Ext. 5292 with any questions regarding training available for LMP Increment 2.

ANAD's instructor-led end-user training for LMP Increment 2 will begin Feb. 1.

The instructor-led training classes include:

- IBO 201 - Intro to CAMS
- IBO 203 - Intro to CAMS for Artisans
- IBO 102 - Navigation Using AIT-enabled Tablet
- IBO 304 - Artisan Shop Floor Execution
- IBO 305 - Shop Order Execution for Managers and Supervisors

- MNT 312 - CAMS Bill of Materials Management

Web-based training for the following prerequisite classes is currently available:

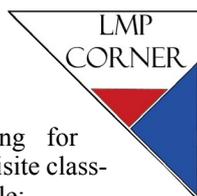
- LMP AMC EDU 100 CBT – LMP Fundamentals
- LMP AMC EDU 102 CBT - LMP ECC Navigation
- LMP AMC MAN 101 CBT – Overview of Man-Reman in LMP

These courses will be shown on the depot's LAN channel 14 at the following times until Feb. 26:

- 7:30 a.m.-8:50 a.m.
- 9:15 a.m.-10:35 a.m.
- 12:30 p.m.-1:50 p.m.
- 2:15 p.m.-3:35 p.m.
- 10:45 p.m.-12:05 a.m. (night shift)

Web-based courses currently available in Total Employee Development are:

- LMP AMC MNT 200 WBT - Introduction to Equipment Master
- LMP AMC IBO 103 WBT - Introduction to Item Unique Identification
- LMP AMC PM 200 WBT - Introduction to Plant Maintenance
- LMP AMC IBO 105 WBT - CAMS UMC for End Users
- LMP AMC IBO 409 WBT - CAMS UMC for Administrators
- LMP AMC BI 101 WBT - Business Intelligence Overview



Feb. 12 deadline for OGE Form 450

by Polly Russell

ANAD Legal Office

It comes around this time every year – the time for some employees to file Office of Government Ethics Form 450.

OGE Form 450 is a confidential financial disclosure form and includes information pertaining to investments held by employees and sources of income other than their federal employment.

This assists Anniston Army Depot in ensuring work assignments are not made when a potential conflict of interest exists.

The Joint Ethics Regulation covering Department of Defense employees prohibits federal employees from holding financial interests that conflict with the conscientious performance of their duties.

Agency officials use the information provided by employees in the OGE Form 450 to determine whether any potential conflicts of interest exist and to avoid the conflicts before they occur.

This helps protect employees from sanctions for violating the conflict of interest standards of conduct.

The decision of who submits OGE Form 450 rests with directors, who apply criteria supplied by the Office of Government Ethics.

This criteria focuses on an employee's decision-making authority or influence in the contracting/procurement field, administering grants and licenses, actions having a direct and substantial impact on the

interest of any non-federal entity or, according to Code of Federal Regulations 2635.402, "when the agency concludes the duties and responsibilities of the employee's position require the employee to file such a report to avoid involvement in a real or apparent conflict of interest."

The employee's supervisor and an ethics counselor review the financial information contained in an OGE Form 450 to determine if a potential conflict of interest exists.

If there is a conflict, the manner in which the conflict is resolved is determined by conversation between the employee, his/her supervisor and an attorney designated as an ethics counselor.

Often, the employee signs a statement agreeing to not participate in any decision affecting the financial interest involved. Other actions, such as modification of duty assignments and divestiture, may be required. The OGE Form 450 starts the dialog, so it is important filers complete the form properly, accurately and in a timely manner.

If you receive notice that you are required to file an OGE Form 450, please do so promptly – reports are due on or before Feb. 12.

The Legal Office is available to answer any questions on conflicts of interest by calling Ext. 6518.

LEGAL CORNER

Notice of right to request union representation

from ANAD CPAC Office

Title VII of the Civil Service Reform Act of 1978 (PL 95-454) provides employees in a bargaining unit the right to request union representation at an examination by a representative of the agency, in conjunction with an investigation, if the employee believes the examination may result in disciplinary action. This is often referred to as the Weingarten Right.

In effect, the law provides that the union shall be given the opportunity to be represented at any examination of an employee in the bargaining unit by a representative of the agency, in conjunction with an examination if:

- The employee reasonably believes that the examination may result in disciplinary action against the employee and
- The employee requests representation

As required by the act, you are hereby given annual notice of this right.

For further information, contact Sandra Carpenter, human resources specialist at Ext. 6919 or via e-mail.

Mandatory training on LAN

from ANAD Training Office

The Army Traffic Safety Program Accident Avoidance Course for Army motor vehicle drivers is slated to be shown on LAN Channel 21 on the following schedule:

Monday-Friday, Jan. 11-15

Monday, Jan. 18

Tuesday, Jan. 19

Monday-Friday, Jan. 25-29

• 7:30 a.m.-8:27 a.m.

• 9:15 a.m.-10:12 a.m.

• 12:30 p.m.-1:27 p.m.

• 2:15 p.m.-3:12 p.m.

• 10:45 p.m.-11:42 p.m. (night shift)

Training via LAN is strictly for employees without computer access. All others are required to take the class online via the Army Learning Management Course and provide your certificates to your training coordinator. This training to be completed by all depot employees no later than Jan. 28. Contact your training coordinators or the training office if you have additional questions.

AMC DCG tours ANAD, presents award

from Staff Reports

ANAD PAO

Lt. Gen. Larry Wyche, the deputy commanding general for Army Materiel Command, visited Anniston Army Depot Jan. 11 to tour the installation's maintenance operations and present an award to Tony Burdell.

In 2015, Burdell, who has served as the Anniston Munitions Center's deputy to the commander since July 2007, was named a recipient of AMC's Louis Dellamonica Award. Wyche presented the award in a ceremony attended by Burdell's friends, family and coworkers.

"This award is about making your best better and we are honoring someone who exemplifies that," said Wyche.

The Louis Dellamonica Award recognizes outstanding accomplishments significantly contributing to AMC's mission and overarching goals and objectives. Each year AMC selects ten employees, military and civilian, below the rank of general officer and senior executive service, who meet the established criteria and stand out as model employees.

Burdell said it is a credit to his family and teammates that he achieved this award.

"Everyone I've worked with throughout the years made this day possible," said Burdell.

During Wyche's tour of ANAD, he visited the Combat Vehicle Repair Facility, Turbine Engine Facility, DLA Distribution Anniston's small arms storage facility, and the Small Arms Repair Facility.



Photos by Mark Cleghorn

Lt. Gen. Larry Wyche, right, presents the AMC Louis Dellamonica Award to Tony Burdell during a Jan. 11 ceremony.



Col. Martine Kidd, right, discusses Anniston Army Depot's welding capabilities with Lt. Gen. Larry Wyche, the deputy commanding general for Army Materiel Command, during his Jan. 11 visit.

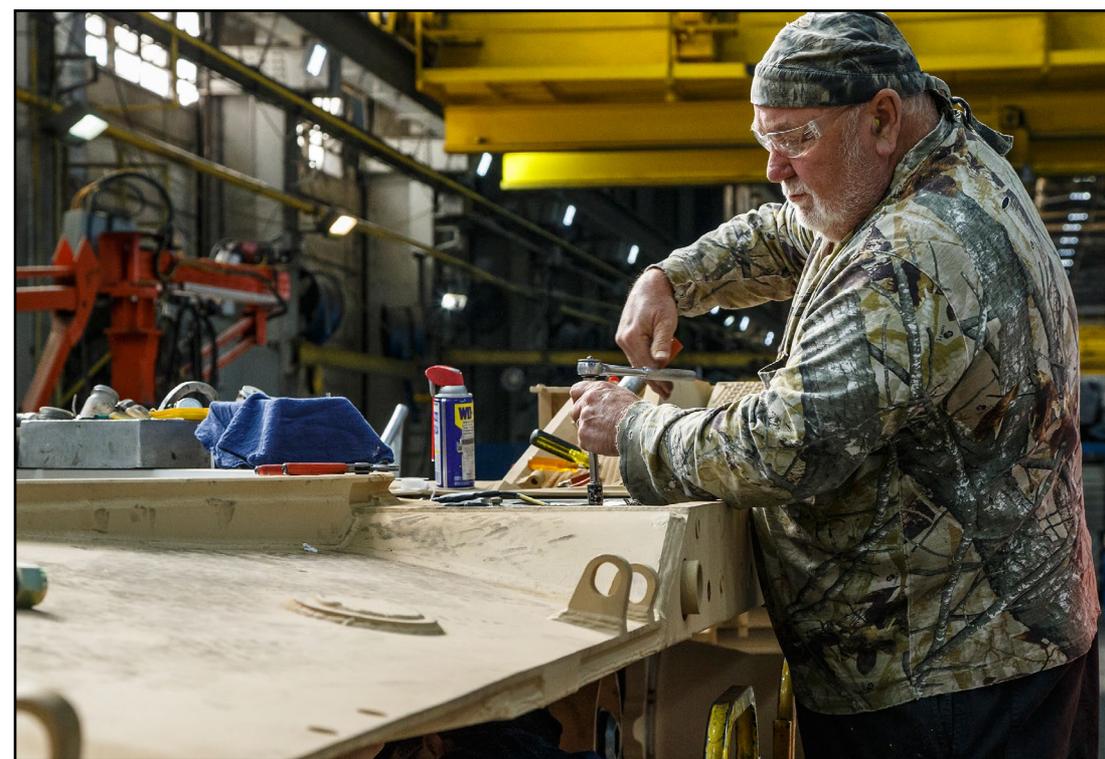


Holli Eubanks, a mechanic in the Turbine Drive Train Division, discusses engine repair with Lt. Gen. Larry Wyche, the deputy commanding general for Army Materiel Command, during his visit to the depot.



ANAD Commander Col. Martine Kidd, center right, and Chris Williams, division chief for the depot's Turbine drive Train Division, guide Lt. Gen. Larry Wyche through the Turbine Engine Shop in ANAD's Nichols Industrial Complex.

SEEN IN THE SHOPS



Photos by Mark Cleghorn

Marvin Dixon performs maintenance on a M1 Abrams tank in the depot's Combat Vehicle Repair Facility.



Danny Newton, left, and George Malone, right, work on a M2 machine gun in Anniston Army Depot's Small Arms Repair Facility.

Current GAP status

Measurement for Anniston Army Depot's fiscal year 2016 Group Award Program payout includes six areas.

For eligible personnel to receive the maximum GAP payout, all metrics must be met. Everyone must do their part each day to achieve these goals, which are attainable and important in executing ANAD's mission. Current status indicates a payout of \$907.50.

Safety Efficiencies

EMPLOYEE SAFETY INDICATORS INSPECTIONS

Goal: Each building scores 80 percent or better on inspection

More than 75 percent of buildings - \$180

60-75 percent - \$118.80

50-59 percent - \$59.40

Less than 50 percent - \$0

Current percentage - 100

Current payout - \$180

Quality Efficiencies

Goal: Increase first pass yield for vehicles, engines, transmissions and weapons programs

VEHICLES, ENGINES AND TRANSMISSIONS

95 percent or higher - \$75

90-94 percent - \$37.50

Less than 90 percent - \$0

Current percentage - 88

Current payout - \$0

SAFETY SUGGESTIONS

More than seven percent of employees submit safety idea - \$180

Four to seven percent of employees submit safety idea - \$90

Less than four percent of employees submit safety idea - \$0

Current percentage - 0

Current payout - \$0

WEAPONS

99 percent or higher - \$75

95-98 percent - \$37.50

Less than 95 percent - \$0

Current percentage - 98

Current payout - \$37.50

RECORDABLE INJURIES

Less than or equal to eight per month - \$180

9-10 per month - \$135

More than 10 per month - \$0

Current rate - 8

Current payout - \$180

Performance to Promise

96-100 percent - \$180

91-95 percent - \$144

86-90 percent - \$108

81-85 percent - \$72

80 percent - \$36

Less than 80% - \$0

Current percentage - 100

Current payout - \$180

Productive Yield

DIRECT Goal: FY16 BES Plan 1,534 hours per person.

1,600-1,615 - \$150

1,567-1,599 - \$99

1,534-1,566 - \$49.50

Less than 1,534 - \$0

Current hrs. - 1,489

Current payout - \$0

INDIRECT Goal: FY16 BES Plan 1,702 hours per person

More than 1,702 - \$150

1,656-1,701 - \$99

1,643-1,655 - \$49.50

Less than 1,643 - \$0

Current hrs. - 1,579

Current payout - \$0

ISO Certifications

ISO 18001 - \$60

ISO 14001 - \$60

ISO 9001 - \$60

If all maintained - \$180

Current payout - \$180

Inventory

EXCESS MATERIAL

Excess of less than three percent average inventory value - \$150

Excess more than three, but less than five percent average inventory value - \$75

Excess more than five percent average inventory value - \$0

Current percentage - 0.2

Current payout - \$150

PAY TABLE - ANNUAL SALARY FOR GENERAL SCHEDULE EMPLOYEES - JANUARY 2016

SALARY TABLE 2016-RUS
INCORPORATING THE 1% GENERAL SCHEDULE INCREASE AND A LOCALITY PAYMENT OF 14.35%
FOR THE LOCALITY PAY AREA OF REST OF U.S.

TOTAL INCREASE: 1.17%
EFFECTIVE JANUARY 2016
Annual Rates by Grade and Step

Grade	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
1	\$ 20,975	\$ 21,676	\$ 22,374	\$ 23,068	\$ 23,765	\$ 24,174	\$ 24,863	\$ 25,558	\$ 25,586	\$ 26,233
2	23,582	24,144	24,925	25,586	25,876	26,638	27,399	28,161	28,923	29,684
3	25,731	26,589	27,446	28,304	29,162	30,019	30,877	31,734	32,592	33,450
4	28,886	29,849	30,812	31,774	32,737	33,700	34,663	35,626	36,589	37,551
5	32,318	33,395	34,472	35,549	36,626	37,703	38,781	39,858	40,935	42,012
6	36,025	37,225	38,426	39,627	40,828	42,028	43,229	44,430	45,630	46,831
7	40,033	41,367	42,702	44,036	45,371	46,705	48,040	49,374	50,709	52,043
8	44,335	45,812	47,289	48,767	50,244	51,722	53,199	54,676	56,154	57,631
9	48,968	50,600	52,232	53,863	55,495	57,127	58,759	60,391	62,022	63,654
10	53,925	55,723	57,520	59,318	61,116	62,913	64,711	66,508	68,306	70,103
11	59,246	61,221	63,196	65,170	67,145	69,120	71,095	73,070	75,044	77,019
12	71,012	73,380	75,747	78,114	80,481	82,848	85,215	87,582	89,949	92,316
13	84,443	87,258	90,073	92,889	95,704	98,519	101,335	104,150	106,965	109,781
14	99,785	103,112	106,438	109,765	113,091	116,417	119,744	123,070	126,397	129,723
15	117,376	121,289	125,202	129,115	133,028	136,941	140,854	144,767	148,680	152,593

If you suspect it, report it...

People drawing, measuring
or photographing buildings



Cars, trucks or vans parked
in no-parking zones in front
of important buildings



Strangers asking questions
about security forces,
security procedures or
details of the depot's
mission and workload
outside the scope of natural
curiosity



A briefcase, package or
backpack left behind

**If you see or hear something that could be terrorist-
related, trust your instincts and call Ext. 6222!**

notes from around the TRACK



Needs Assessment Survey

What programs or services would you like to see Army Community Service provide?

Are your expectations with ACS offerings being met?

What services have been the most beneficial to you?

Make your opinions count by taking a brief ACS Needs Assessment Survey, facilitated by the Directorate of Family and Morale, Welfare and Recreation and Installation Management Command.

The online survey is available to the military community surrounding Anniston Army Depot.

This confidential survey will be available at www.armymwr.com/ACS-survey from Dec. 8, 2015- Feb. 8, 2016.

The ACS Needs Assessment Survey provides a unique opportunity to measure usage and helpfulness of individual ACS programs and services while identifying emerging needs related to the Army way of life.



Watch The Morning Show

The Morning Show airs live every other Wednesday at 7:05 a.m. on Local Area Network channel 21.

If you have a topic or content you would like to see on The Morning Show, contact the Public Affairs Office at Ext. 6281.

If you are unable to catch the live broadcast, there are two ways you can tune in.

Computer users may view the show on IPTV. It may also be seen on LAN channel 21 during these rebroadcast times:

Wednesday: 10:30 a.m., noon, 2 p.m., 4:30 p.m., 10 p.m., midnight and 2 a.m. (Wed. night/Thurs. morning)

Thursday/Friday: noon and 10 p.m.

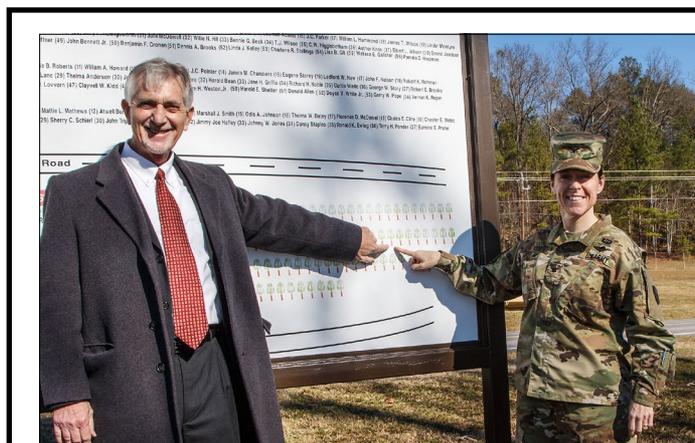


Photo by Mark Cleghorn

Billy Bickerstaff, left, and Anniston Army Depot Commander Col. Martine Kidd indicate the number and row for the crepe myrtle dedicated in honor of Bickerstaff's years of service at ANAD.

Military, civilian service honored

Billy Bickerstaff retired Jan. 3 with 38 years of federal service, with three of those being spent in the military.

In honor of his years at the installation, a crepe myrtle was dedicated at Walker Arbor.

Bickerstaff began his time at Anniston Army Depot as a second lieutenant and supply officer for the Directorate of Supply. Upon completion of his military service in 1980, Bickerstaff was selected as a civilian employee for the depot, working in supply, civilian personnel, resource management, planning and operations, and the Directorate of Production Management.

"It has been an honor and privilege to work with one of the finest groups of civilians in all of DoD," said Bickerstaff. "ANAD is truly a national treasure."

January is National Mentoring Month

This year's theme for National Mentoring Month is Mentor In Real Life, which encourages everyone to talk about the real life benefits of mentoring.

Mentoring can be a critical component in young people's lives, helping them make the decisions that ultimately lead to improved opportunities and connections, which has an impact in real life.

In 1995, Anniston Army Depot, along with 13 other Army sites across the United States, was selected to participate in a project called Service to the Nation.

ANAD initiated a mentoring program in Calhoun County in 1996.

Currently, the depot's Mentoring Program partners with the Anniston, Oxford

and Calhoun County school systems.

Twenty-one volunteers from throughout the workforce spend one hour per week with a student who has been identified as at-risk to help make a difference in that child's life.

Being at-risk often simply means these students need a friend with some normalcy in their life.

The Mentoring Program is a one-on-one relationship through which an adult fosters the development of character and competence in a young person.

The focus is on the child and his or her thoughts, feelings and dreams.

If you would like to learn more about the depot's Mentoring Program, contact Marilyn Futrell at 256-741-5266.



Photo by Mark Cleghorn

Joe Lansdon, third from right, stands with his family beside his shrub in Walker Arbor at Anniston Army Depot. A crepe myrtle was dedicated to Lansdon in honor of his 38 years of service at the installation.

Lansdon retires after 38 years

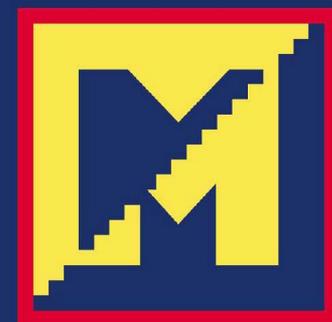
Joe Lansdon retired Jan. 3 with 38 years of federal service at Anniston Army Depot.

In honor of his years at the installation, a crepe myrtle was dedicated at Walker Arbor.

Lansdon began his depot career in July 1977 as a welder. Throughout the years, he worked as a heavy mobile equipment mechanic, transmission tester and HME lead before being selected as a mechanical engineering technician for the Directorate of Engineering and Quality.

In retirement, Lansdon plans to spend time with his family, riding his motorcycle and rebuilding a 1949 Ford truck.

Who Mentored You?™



Pass it on. Mentor a child.

January is National Mentoring Month

10 things you need to know: 2015 Dietary Guidelines

Office of Disease Prevention
and Health Promotion

We know a lifetime of healthy eating helps to prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes. The *Dietary Guidelines* provides a clear path for the general public, as well as policy makers and health professionals and others who reach the public, to help Americans make healthy choices, informed by a thoughtful, critical, and transparent review of the scientific evidence on nutrition.

Here are 10 nutritional guidelines from the recently released Dietary Guidelines for Americans:

1. A lifetime of healthy eating helps to prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes.

2. Healthy eating is one of the most powerful tools we have to reduce the onset of disease. The Dietary Guidelines recommendations can help you make informed choices about eating for you and your family.

3. The path to improving health through nutrition is to follow a healthy eating pattern that's right for you. Eating patterns are the combination of foods and drinks you eat over time. A healthy eating pattern, examples of which can be viewed at health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns, is adaptable to a person's taste preferences, traditions, culture and budget.

4. A healthy eating pattern includes:

a. A variety of vegetables: dark green, red and orange, legumes (beans and peas), starchy and other vegetables

b. Fruits, especially whole fruit

c. Grains, at least half of which are whole grain

d. Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages

e. A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds

f. Oils, including those from plants: canola, corn, olive, peanut, safflower, soybean, and sunflower. Oils also are naturally present in nuts, seeds, seafood, olives, and avocados.

5. Healthy eating patterns limit added sugars. Less than 10 percent of your daily calories should come from added sugars. ChooseMyPlate.gov provides more information about added sugars, which are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those consumed as part of milk and fruits.

6. Healthy eating patterns limit saturated and trans fats. Less than 10 percent of your daily calories should come from saturated fats. Foods that are high in saturated fat include butter, whole milk, meats that are not labeled as lean, and tropical oils such as coconut and palm oil. Saturated fats should be replaced with unsaturated fats, such as canola or olive oil

7. Healthy eating patterns limit sodium. Adults and



children ages 14 years and over should limit sodium to less than 2,300 mg per day, and children younger than 14 years should consume even less. Use the Nutrition Facts label to check for sodium, especially in processed foods like pizza, pasta dishes, sauces, and soups.

8. Most Americans can benefit from making small shifts in their daily eating habits to improve their health over the long run. Small shifts in food choices – over the course of a week, a day, or even a meal – can make a difference in working toward a healthy eating pattern that

works for you.

9. Remember physical activity! Regular physical activity is one of the most important things individuals can do to improve their health. According to the Department of Health and Human Services' Physical Activity Guidelines for Americans, which is located at health.gov/paguidelines, adults need at least 150 minutes of moderate intensity physical activity each week and should perform muscle-strengthening exercises on two or more days each week. Children ages six to 17 years need at least 60 minutes of physical activity per day, including aerobic, muscle-strengthening and bone-strengthening activities.

10. Everyone has a role – at home, school, in workplaces, communities and food retail outlets – in encouraging easy, accessible, and affordable ways to support healthy choices.

a. At home, you and your family can try out small changes to find what works for you like adding more veggies to favorite dishes, planning meals and cooking at home, and incorporating physical activity into time with family or friends.

b. Schools can improve the selection of healthy food choices in cafeterias and vending machines, provide nutrition education programs and school gardens, increase school-based physical activity, and encourage parents and caregivers to promote healthy changes at home.

c. Workplaces can encourage walking or activity breaks; offer healthy food options in the cafeteria, vending machines, and at staff meetings or functions; and provide health and wellness programs and nutrition counseling.

d. Communities can increase access to affordable, healthy food choices through community gardens, farmers' markets, shelters, and food banks and create walkable communities by maintaining safe public spaces.

e. Food retail outlets can inform consumers about making healthy changes and provide healthy food choices.

The 2015-2020 Dietary Guidelines was informed by the recommendations of the 2015 Dietary Guidelines Advisory Committee, which was composed of prestigious researchers in the fields of nutrition, health, and medicine, and by consideration of public and federal agency comments.

Since 1980, Health and Human Services and the United States Department of Agriculture have shared a responsibility to the American public to ensure that advancements in scientific understanding about the role of nutrition in health are incorporated into the Dietary Guidelines, which is updated every five years.

USDA has also released updates for consumers on ChooseMyPlate.gov, and new resources will soon be available on Health.gov from HHS that will help health professionals support their clients and patients in making healthy choices.

The 2015-2020 Dietary Guidelines for Americans is available at dietaryguidelines.gov.